

MOC Elder Services
356B Broad St.
Fitchburg, MA 01420

April 2012

All meals include 1% Milk
Your Donations Help Keep the Meals Coming
Suggested Voluntary Confidential Contribution \$2.25

PLEASE CALL YOUR MEAL SITE AHEAD TO MAKE RESERVATION

Questions: Please call 1-800-286-3441 or 978-345-8501

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Shepherds Pie Mashed Potato Mixed Veggies Whole Wheat Bread Applesauce	3 Gypsy Soup w/Crackers Chef 's Salad Salad Greens(1 cup) 1 oz turkey, 1 egg, 1 oz cheese w/Italian Dressing White Bread Pears HDM: Pasta & Pea Salad	4 Roast Chicken w/ Apricot Glaze Carrots Mashed Potatoes Whole Wheat Bread Chocolate Pudding Diet: SF Chocolate Pudding	5 Portuguese Kale Soup Potato Fish Wedge California Blend Whole Wheat Bread Prunes HDM: Corn	6 Stuffed Shells w/Florentine Sauce Italian Green Beans Italian Bread Muffin Diet: Lemon Graham Cookie HDM: Peas
9 Minestrone Soup Roast Pork w/ Rosemary Gravy Mashed Potatoes Whole Wheat Bread Dried Fruit Minestrone Soup	10 Broccoli Cheese Bake Stewed Tomatoes Diced Potatoes Whole Wheat Bread Fresh Orange	11 SPECIAL Baked Ham Scalloped Potatoes Brussels Sprouts w/Honey almonds Whole Wheat Roll Pear Crisp Diet: Lorna Doones	12 Vegetable Soup w/C Meatballs with Swedish Sauce Egg Noodles White Bread Animal Crackers HDM: Mixed Veg Soup	13 New Orleans Cajun Chicken Brown Rice Winter Blend Vegetables Whole Wheat Bread Artic Ice
16 Holiday	17 Chicken Breast w/ Supreme Sauce Brown Rice Mixed Veg. w/C Italian Bread Apple Turnover Diet: Blueberry Graham Cookie	18 3 C Soup Salisbury Steak w/ Mushroom Gravy Mashed Potatoes Whole Wheat Bread Pears HDM: Green Beans	19 Hot Dog** Carrots Baked Beans Hot Dog Roll Pineapple **High Sodium	20 Chili w/ Cheddar Cheese Rice Corn Rye Bread Fresh Fruit w/C
23 Tomato Chick Pea Soup Chicken w/ Coq Au Vin Sauce Sweet Potatoes Whole Wheat Bread Pears HDM: Peas	24 American Chop Suey Mixed Veg w/C White Bread Fresh Fruit HDM: Green Beans	25 Roast Pork/Brown Gravy Mashed Potato Carrots Whole Wheat Bread Dried Fruit	26 Breaded Baked Fish Cous Cous w/red peppers Broccoli Whole Wheat Bread Artic Ice Diet: Peaches	27 Teriyaki Diced Chicken Brown Rice California Blend Rye Bread Butterscotch Pudding Diet: SF Butterscotch Pudding
30 Butternut Macaroni and Cheese w/Breadcrumbs Stewed Tomatoes Rye Bread Fresh Orange HDM: Green Beans	1 Pork Rib/Brown Gravy Red Bliss Potato Green Beans Rye Bread Pudding Diet: SF Pudding	2 Chicken/Lemon Mustard Sauce Mashed Potatoes Carrots Whole Wheat Bread Turnover Diet: Apple Graham	3 Vegetable Gumbo Soup Turkey Salad w/cranberries Pasta Salad (Vinaigrette) Whole Wheat Bread (2) Pineapple HDM: 3 Bean Salad	4 Shredded Beef /BBQ Sauce Peppers & Onions Brown Rice Pilaf Applesauce

Menu is subject to change without notice. Home Delivered Meals may receive vegetable in place of soup or salad.

Diet= diet dessert per request

HDM= Home Delivered Meals

**** = High Sodium Entree - all HDM high sodium
entrees are substituted with a low sodium entree**